



# **The Wheat Belly Cookbook: Quick and Delicious Recipes for Losing Weight and Taking Control of Your Health**

*Barbara Williams*

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The Wheat Belly Lifestyle is Growing in Popularity Many people today are choosing to follow the Wheat Belly lifestyle diet plan. This means they are eliminating wheat from their diets and also other gluten containing grains such as Barley and Rye. They also may want to manage their blood sugar by cutting back on carbohydrates and sugars with the main purpose of improving their health, and with the side benefit of losing weight, if desired. Thousands of people are experiencing countless improvements in their health as a result of following this new way of eating. Inside you will find my Wheat Belly Recipe favorites ... ENJOY!!

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